

Fresh Air Exercises And Diet Rules For Summer Health

By Pauline Furlong
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People of All Ages Need Outdoor Recreation
WOMEN, and men too, of all ages, should learn to play as hard as they work and not take life too seriously. Notice the groups around the skating rinks, or the skill ball or bowling alleys, and you will see nothing but youngsters enjoying these healthful exercises. The overworked brain and the overtaxed nerves will respond to a treatment of out-door exercises quicker and more permanently than to all the drugs in the market. It is a fact that the harder you play the better you will perform the serious duties of life.

Hand ball, base ball, basket ball, boxing, fencing, rowing, swimming, skating and simple walking are some of the many out-door sports which may be indulged in by most women in ordinary good health. It is a great mistake to stand back and think that you are too old to indulge in these pleasures. The development of the body and correction of physical defects can only be brought about through systematic gymnastics, and it is a grave error to look upon exercise as a nuisance or youthful pastime not for your age and dignity.

Those unaccustomed to strenuous exercise should make all of the movements gently and slowly, and gradually increase the length of practice as the muscles adjust themselves to the change. Otherwise the games or exercises will prove more detrimental than beneficial. Don't stand back and refuse to enjoy youthful games because you have not been playing them, but bring yourself to believe that these sports will make and keep you young, no matter how long you have lived within yourself and carried around a great wall of dignity. I know it is not easy to form these habits, but a few months' practice of out-door games will bring more reward in health and improved appearance than all of the police and stately bearing you have been carrying around for years.

Handball, baseball, basketball, boxing, fencing, rowing, swimming, skating and simple walking are some of the many sports available to all women in good health.

Simple Ways of Cooking Fish

Broiled Fish.—Broiling over coals or under the gas flame until brown is a favorite way of preparing the smaller fish. Fresh fish of one or two pounds size, or smoked fish, such as haddock, mackerel, or white fish, are delicious served in this way. Wash fish, split, season, dot with fat, place on greased broiler, and broil until the flakes can be easily separated. If a gas broiler is used, place the rack several inches below the flame and brown. Sliced lemon makes an attractive garnish and gives an additional flavor.

Baked Fish.—Baked fish is easily prepared, and, when served with a well-seasoned sauce, is delicious. Cook whole, or, if too large, cut in pieces. Cover with boiling salted water, but do not allow it to boil rapidly, as hard boiling breaks the fish. Cook for ten minutes per pound. Strongly flavored fish, such as carp, is improved by adding a half cup of vinegar to the cooking water.

Baked Fish.—Use the whole fish or a piece from the middle of a large one. If desired, stuff with mashed potatoes, cooked rice or Victory bread well seasoned. Cut slashes down the back and insert strips of salt pork or dot with fat. Dredge with fine corn meal, place in a baking pan and cook till tender, allowing ten or twelve minutes a pound. Sometimes fish is baked in a tomato sauce or in milk enough to cover the bottom of the pan.

Fried fish uses fat which we are asked to conserve. Try the other ways of cooking fish.

Sauce to Serve with Fish.—To make white sauce melt 2 tablespoons fat, add 1-2 tablespoons cornstarch and 1 teaspoon salt, and blend well. Add a cup of milk and stir over fire until the mixture thickens. Cook about ten minutes over hot water. Use this sauce as the basis for creamed or scalloped fish dishes. To make lemon sauce add 2 tablespoons of lemon juice to white sauce, stir before taking from the fire. For each sauce add a chopped hard-boiled egg to white sauce before serving. Tomato sauce is made just as the white sauce, using strained tomato in place of milk. Mixed with shredded smoked fish it is delicious when served hot on toasted fish bread. Strongly flavored fish may be made more palatable by combining them with a large amount of mild-flavored material. The next recipes do this successfully.

Scalloped Fish.—1-2 cups fish, 1-2 cups cooked rice or rice potatoes, 1 cup white sauce, 1 egg, 1/2 cup milk, 1/2 teaspoon celery salt, 1-2 teaspoon salt.

Hearing at Last.
THEIR was a dramatic explosion near a small town. An old lady hearing it, turned toward the door of her sitting room and said: "Come in, Bella." When her servant entered the room she said: "Do you know, Bella, my hearing is evidently improving. I heard you knock at the door for the first time in twenty years."—Philadelphia Ledger.

Why Not?

By Maurice Ketten

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TOO MANY CROOKS!

BY E. J. RATH

The "Old One" Proves Himself Man of the Hour at the Right Minute

CHAPTER XVIII.

After a full minute of ominous silence, Charlotte suddenly looked up. Her lips were sternly set, cheeks red with humiliation and indignation. Her eyes were only for the unmasked impostor. To her, he seemed to have changed in a twinkling. No longer that faint master and supreme exemplar of the art of evil-doing, but a man of the hour, a man of the hour, a man of the hour.

"That is true," she demanded, her voice under complete command. "True," he replied with a bow and a smile. "I regret to confess that I am an honest man."

"This is despicable!" exclaimed Charlotte. "Well, I'll say this for him," said Blackstone, with a wink at his friend. "He made a kick at first, about being identified as a crook."

"That yielded weakly," confessed Wright.

"That justifies nothing," Charlotte answered. "By putting yourself in a false position you also placed me in one. It was unworthy of both of you."

The former master crook, now merely an honest man, seemed actually contrite.

"I'm sorry," he said, humbly. "I'm sorry I'm not a crook. If there is any way I can redeem myself, I'll take charge of this affair. I wash my hands of it."

"I don't know a single soul at headquarters," Charlotte confessed Blackstone, nervously.

"And most of my own acquaintances have been jailed," admitted Billy Wright. "But we've got to go to something. Let's see, now. The bell rang still more sharply; someone was holding a finger against the button."

Blackstone glanced at his companion and they nodded uneasily. "There was a welcome diversion when Thomas, the butler, entered with a full tray and Mr. Browning motioned for the immediate service."

"Oh, that's all right," Mac said. "I'll make 'em. But oh, my! I'm going to laugh again, Mac. You gentlemen will all have to excuse me. I can't help it. My house is a hang-out."

The old one lifted his glasses and bowed to his new guests.

"Come," whispered Billy Wright. "We are superfluous here. A hold-marshal of diplomacy is in command. I salute him!"

Charlotte allowed herself to be led from the room.

In the den upstairs the one-time master of crooks was endeavoring, by summoning all adroitness, to parry a difficult question.

"But I insist on an answer," said Charlotte. "What do you really think of my play?"

"Remarkable!" said Wright.

She smiled wisely and shook her head.

"Not responsive, Mr. Wright. You must be honest if possible."

"Extraordinary!"

"You are still selling the unperfected seal," Charlotte mocked. "For the seal it is good or bad?"

"Magnificent!"

"Last!" she observed quite pleasantly.

"I'll know it," he answered.

"At last we're on common ground," she said smiling. "It is very, very bad."

"Very bad?"

"Thank you, Mr. Wright."

"Of course, it might easily be recognized," he added hastily.

Mac shook his head nervously.

"No, never. And even if it was good, it couldn't be produced, you see."

"That part of it I don't understand," said Wright. "And Mac, I'm sure, is still a 25 per cent. interest in the gross."

"Which you tried to sell?"

"Of course, I did," Mac said. "Charlotte laughed at him. "Not after what has happened tonight, how could any such play be produced? Why, the instant the curtain went up they would all know it was true—Lieut. McCaffrey and everybody."

"That's so," admitted Wright.

"So, you see, it's out of the question," Wright studied her for an instant with frankly admiring gaze.

The Evening World's Kiddie Klub Korner

Conducted by Eleanor Schorer
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Kiddie Klub Stars Appear To-Day At Benefit for Old 69th



All Kiddie Klub members will immediately recognize the faces and names of these four Klub boys. They entertained our friends and ourselves at the Klub's beautiful Christmas celebration at the Manhattan Opera House, and there is not one in the audience but will remember their delightful performance.

Mrs. Vincent Coryell, the mother of Corporal Vincent H. Coryell of the old 69th Regiment, now in France, was at our Christmas party and saw all four of these Klub boys and also the other entertainers at the Christmas festival. Taken and you will hear that she, for one, has not forgotten.

Months later, when preparations for the old 69th Regiment's League performance were under way, Mrs. Coryell was asked to undertake the program of entertainment for this afternoon. Other folks on the committee suggested Broadway stars and screen celebrities, but she had entirely different plans. Kiddie Klub stars had won her heart and she decided that they should win the hearts of the old 69th Regiment to-day. Billy Itainsford, Norma Lena, Sherwood Clements and Dean Monroe were selected for the purpose.

It would have been splendid to have all the kiddie performers do their bit to swell the funds of the bazaar, but since they will be used to purchase comforts for our New York men under fire, but there was not sufficient time nor space to be had. So Kiddie Klub stars who have not been asked to take part must not feel slighted. Besides, we all know that you are doing your share of work for the boys over there in many other ways and in many other places.

Cousin Eleanor.
AMERICA.
America! America! The greatest of all. Yet England, France and Italy are neither very small. Our boys in khaki, the French in blue, are fighting the best, the best they can do. With liberty and freedom bursting in air. Peace and honor will be restored "over there." Then our boys'll come back, heroes every one. Each telling tales about the trench warfare fun. Written by GERTRUDE HALL. BORN about twelve years, No. 644 West 11th Street.

OUR FLAG AND SOLDIERS.
Oh, ye Stars and Stripes of Liberty, Waving over the land of the free! From this day on we will say That it forever may wave O'er land of the free and the home of the brave. Far over the deep blue sea Many dear soldiers may wounded be; Under the beautiful flag they stand To-day. Over the sea, far, far away. Written by PHOEBE BERGER. Aged eleven years.

SECRETS.
Three things I love I shall tell, These I love very well. Kiddie Klub I love you, Cousin Eleanor I love too. This is the biggest of the three: I hope I never lose you. Because I love it true: It is the Red, White and Blue. Written by LOUIS BURG, aged twelve years, Unionville, Conn.

MAY CONTEST AWARD WINNER.
MY WAR GARDEN.
PLANTED a war garden some weeks ago. My garden is not large, but I hope, with care, to grow nice crops. First I raked off the ground, thoroughly and burned the leaves and rubbish. Then I spaded the soil and after leaving it for one day to dry out, I again raked off all the loose stones and lumps of earth until the soil became fine and powdery. With a line I laid off the drills and planted first onion sets about 1 inch deep, radish seeds 1-2 in. in the spring, seed about 1-4 in. deep, and 1-2 in. apart. I sowed 1-2 in. spinach 1-2 in. in the spring, and 1-2 in. in the spring. The rows were in a straight line and an edging of grass. The weeds garden looks neat. The soil should be kept well cultivated and free from weeds. These seeds should not be sown in the ground. By Veronica Brough, aged nine years, No. 120 Smith St., Chester, N. Y.

JUNE DRAWING AND WRITING CONTEST.
Subject: The Fourth of July spirit. Ten prizes of \$1 each will be awarded Kiddie Klub members—ages from six to fifteen years inclusive—who make the best drawings or write the best essays on the spirit of our American Fourth of July. Drawings must be done in black ink on blue or black crayon paper. Essays must not exceed one hundred and fifty (150) words. Contestants must state their name, address, age, and certificate number. Address: Clara Schorer, Evening World Kiddie Klub, No. 67 Park Row, New York City.

HOW TO JOIN THE CLUB AND OBTAIN YOUR PIN.
Beginning with June 1st, all new members must obtain a pin. The pin is a small metal object, shaped like a key, and is used to fasten the club badge. The pin is given to all new members who have been accepted by the club. The pin is a symbol of membership and is to be worn at all club meetings and events. The pin is a small metal object, shaped like a key, and is used to fasten the club badge. The pin is given to all new members who have been accepted by the club. The pin is a symbol of membership and is to be worn at all club meetings and events.

COUPON NO. 326

A FLYING FIGHTER

ONCE HE HELPED BEAT OFF A RAID ON LONDON. WEARING ONLY HIS PAJAMAS, AND ALMOST FROZE TO DEATH—BUT THE RAID FAILED

Great Story of Peril and Courage Starts Monday